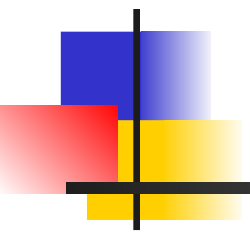


DoD/VA Tobacco Cessation Clinical Practice Guideline (CPG)



**Captain Larry N Williams, DC,
USN**

DoD Tobacco Cessation SME

DOD/VA Tobacco Cessation CPG Update Info



- **Evidence based**
- **Population health focus**
- **Special populations recognized**
- **Multi-tiered approach**



Guiding Principles

- **“We have to make cessation support as accessible as buying cigarettes for those patients who want to quit.”**
- **62% of active duty tobacco users want to quit in the next 6 months**
- **Cessation support should have a range of intensity**
- **One size does not fit all**



DoD/VA CPG

*Update 2.0a
June 2004*

*VA/DoD Clinical Practice Guideline For The
Management of Tobacco Use*

Key Elements

1. **Every** tobacco user should be advised to quit.
2. Tobacco use is a **chronic relapsing condition** that requires repeated interventions.
3. Several **effective treatments are available** in assisting users to quit.
4. It is essential to **provide access** to effective **evidence-based** tobacco use **counseling treatments and pharmacotherapy**.
5. **Collaborative tailored treatment strategies** result in better outcomes.
6. Quitting tobacco leads to **improved health and quality of life**.
7. **Prevention strategies** aim at reducing initiation, decreasing relapse, and eliminating exposure to environmental tobacco smoke.



DoD/VA CPG

Table 1. Strategies for Tobacco Use Cessation

Each strategy should include pharmacotherapy, counseling, and follow-up. Ensure counseling and pharmacotherapy in the most intense setting that the patient is willing to use/attend and consider patient education materials.

Strategy	Counseling	Pharmacotherapy (e.g., NRT or bupropion)	Typical Setting (individual or group)	Follow-up
Minimal	1 session <3 min	YES + Instructions print-out	Primary care provider <i>and/or</i> Other health care team members	Next routine visit
Intermediate	2 - 3 sessions 3-10 min	YES + Instructions print-out	Telephone Quitline* <i>and/or</i> Primary care provider	1-2 weeks after quit date
Intensive program	≥4 sessions >10 min	YES + Instructions print-out	Cessation program <i>or</i> Telephone Quitline* <i>and/or</i> Primary care provider	1-2 weeks after quit date

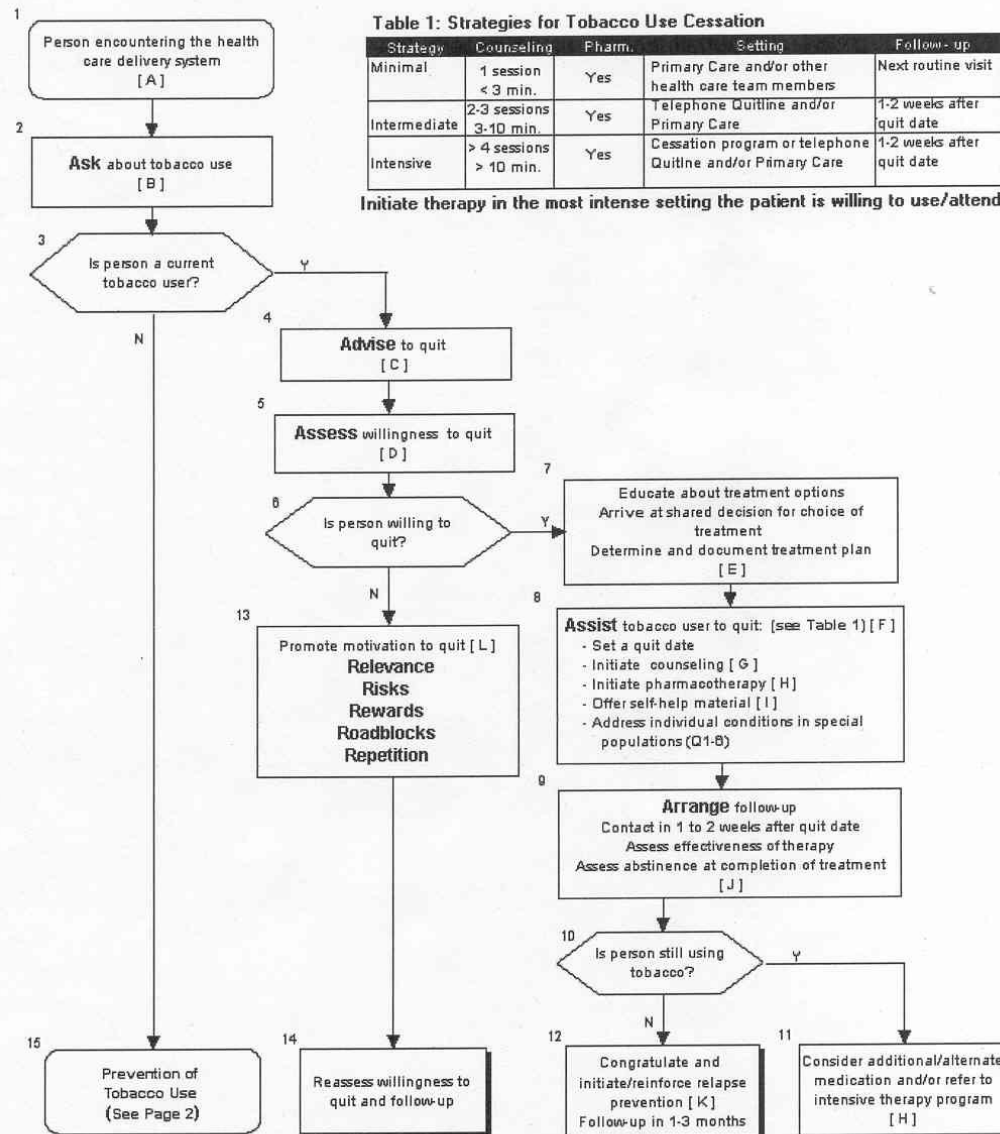
**Medication may be prescribed by the primary care provider or other providers.*

Assessment and Treatment

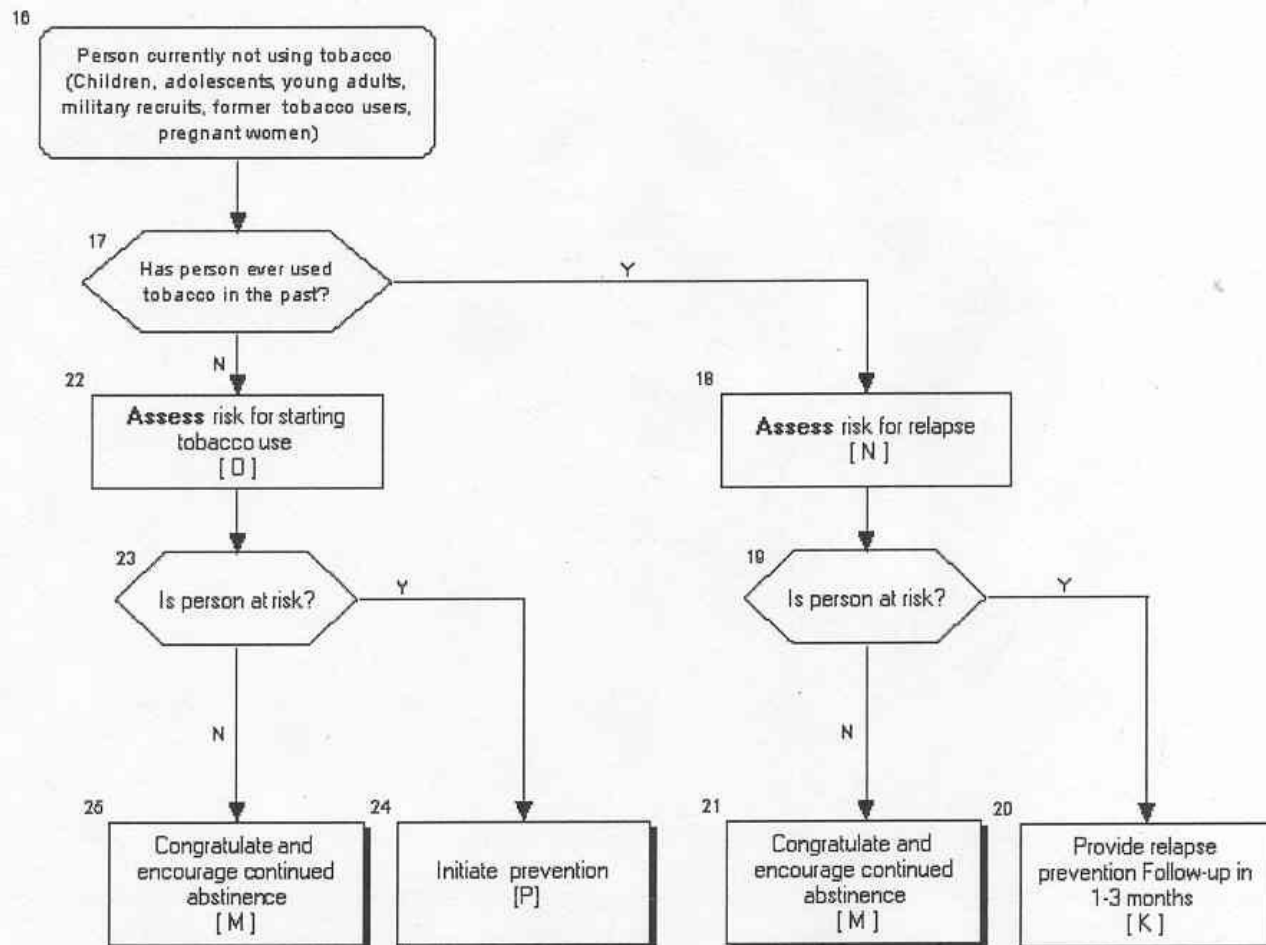
Table 1: Strategies for Tobacco Use Cessation

Strategy	Counseling	Pharm.	Setting	Follow-up
Minimal	1 session < 3 min.	Yes	Primary Care and/or other health care team members	Next routine visit
Intermediate	2-3 sessions 3-10 min.	Yes	Telephone Quitline and/or Primary Care	1-2 weeks after quit date
Intensive	> 4 sessions > 10 min.	Yes	Cessation program or telephone Quitline and/or Primary Care	1-2 weeks after quit date

Initiate therapy in the most intense setting the patient is willing to use/attend



Prevention





Brief Messaging

- **“Brief Messaging” is a must!!!!**
- **Look for the teachable moment**
- **5% will change behavior**
- **You don’t know which 5%**
- **Apply to personal issues and needs**
- **Also seek application to family**



Dynamics

- **Only a 2 to 3 minute message**
 - **Use every opportunity**
 - **Short but sweet**
 - **Personalize**
 - **Make it pertinent to visit if possible**



Brief Messaging

- **5 categories**
 - **No tobacco use age 10 to 25**
 - **+ Tobacco use, wants to quit**
 - **+ Tobacco use, uncertain about quitting**
 - **+ Tobacco use, does not want to quit**
 - **Former user**
- **“Brief Messaging” is a must!!!!**



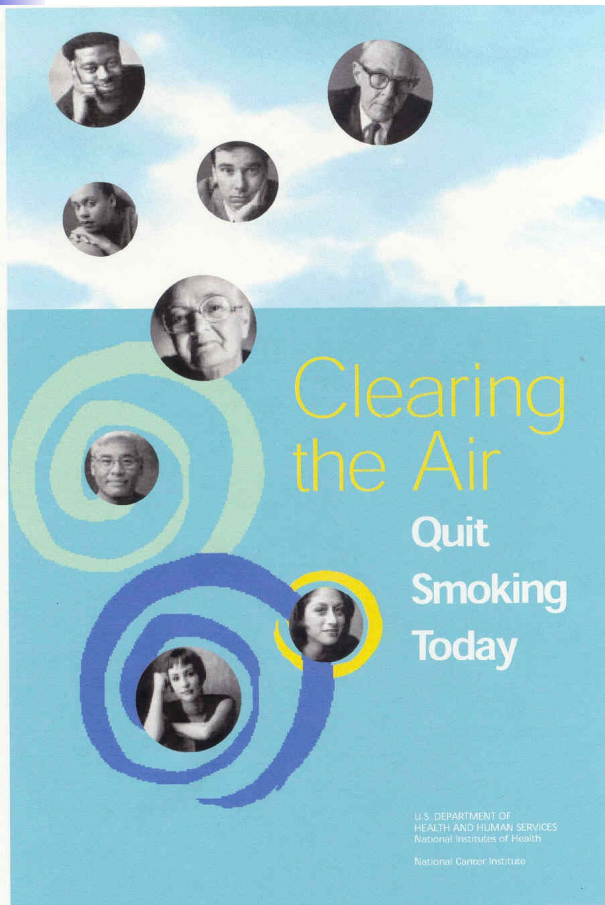
Additional Resources

- www.smokefree.gov
- 1-800-quit-now

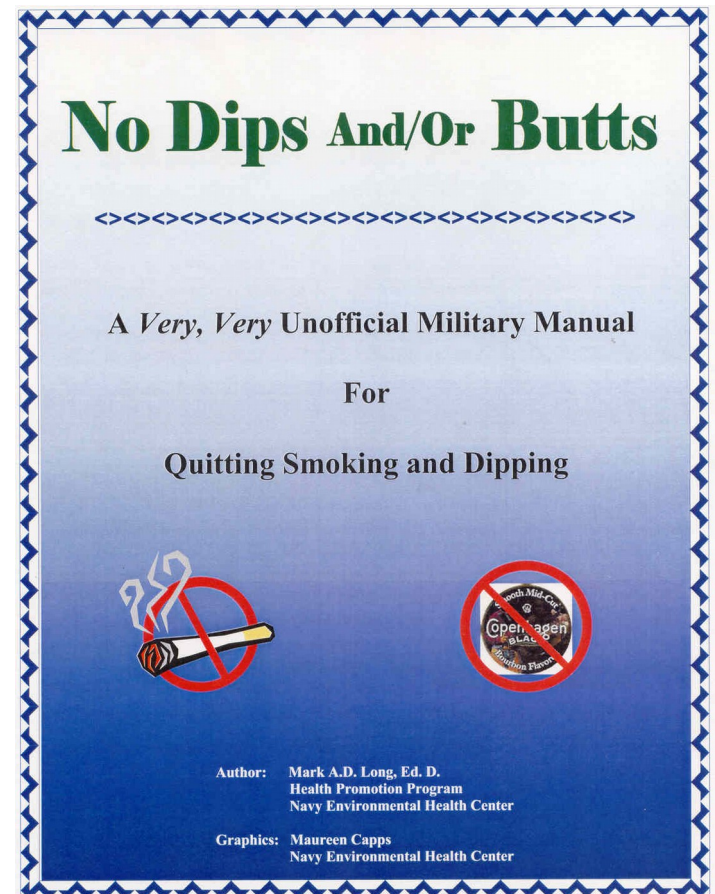
CALL
1-800-QUIT-NOW
TO REACH YOUR STATE QUITLINE!
[READ MORE ->](#)



Additional Resources



www.smokefree.gov/



www-nehc.med.navy.mil